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## Helping Your Spouse Manage Stress

By **Ashish Jain**

"A friend in need is a friend in deed." Similar is the case of spouses.

Your spouse is your friend also. In this context of the modern world, the challenges faced by the spouses are many. Problems crop up one after another. Unsolved problems give rise to tension. When you are unable to bear the tension, you are under stress. A stressed individual is the person carrying a heavy head load, and is unable to find a place for its unloading.

Marriage is supposed to 'flow together harmoniously'. Two distinct individuals, born and brought up under two different set of circumstances, try to live together and find a common goal. If that common goal is their common all, then there are no problems. Problems start, stress begins, when they become the East and the West.

It is the duty of each spouse to contribute to mitigate the stress. Hard arguments, rigid stands will not take you anywhere. Remember, every argument has a counter argument and you can not win your spouse by winning an argument. But you can definitely win him/her by understanding, and having sympathy and love for each other. The two can not walk together unless they are agreed.

The causes of stress between the spouses are many. An unrecognized, isolated, unsupported opinion over an issue, and the feeling of let down by the spouse make the couples tremendously stressed out. Any one of the spouse can commit a mistake. In such circumstances, it is better to make a clean slate and own up the mistakes. {mospagebreak}

The mutual relations must always expand. They should not contract. Basic conditions need to be created, for the spouses to remain basically sound and industrious.

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If both are working, it is better to work with clear cut responsibilities. Take all the aspects of family life and draw out a plan of "to be done" and "not to be done" things. Work according to that plan. Both of you have the pressure of office work. Both of you leave home early and return late at night, tired and exhausted.

Howsoever busy you are, take out some time for recreation and family outings. Family outings are great stress relievers.

Another inexpensive plan to remove stress between the spouses is to surprise each other with small gifts. Pleasant surprises play a significant role in contributing to the happiness.

Sympathy, understanding and mutual respect for the individual objectives in life– if you have these attributes, where is the stress?

<http://www.aboutstressmanagement.com/stressrelief/>

& Stress Management provides detailed

information on stress management, ways to manage stress, stress management tips and more.

### **When Your Spouse Stresses You Out**

**By Stan Popovich**

What can you do when your spouse stresses you out? Instead of yelling at one another, there are ways to reduce conflicts and your stresses. Here are some suggestions on how to not let your spouse stress you out.

Talk with your spouse about your problem. If you can, ask your spouse if she is having any problems and if there is anything you can do about it. Talking with your spouse is very important and can prevent potential conflicts from turning into arguments.

Build on your common interests. When dealing with your spouse, focus on the things that you both agree on. Use that as your base and then start talking about some of the problems that you are experiencing. Learn to compromise with one another to help solve some of your problems.

Learn effective techniques to manage your stresses. There are many ways to deal with your stresses. Take a walk or do something you like to do to get a fresh perspective on things. Another good technique in managing your stresses is to create a list of positive statements. When you get depressed, read those positive statements. This will help you to relax.

Talk to a marriage counselor if you can. It can be valuable to get additional insights from a third party. A marriage counselor can provide much assistance to your current problems. Many couples get help from a counselor so do not feel ashamed that your getting help. There is nothing wrong with getting professional help.

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Be persistent in solving your disagreements. Do not let them build up over time. When you see a red flag, do something about it at the present time. Confront potential conflicts early.

All couples go through arguments and disagreements in their marriages. You are no different. The key is to communicate with one another and learn to work together when something doesn't work out. Remember that you are a team and that you need to work like a team.

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

<http://www.managingfear.com>

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